



## BTheOne to keep them safe

If your friend is thinking about suicide or drugs,  
Ask if they have also thought about how they would do it  
or where they would get drugs.

**Keep them away from anything dangerous or call 9-1-1**

Find out why these steps can save a life at  
**BTheOne.org**

**If you are struggling, call:**

Lifeline at 1-800-273-TALK (8255) or  
24-Hour Crisis Center at 240-777-4000

